

October 2008

SENIOR CENTER CALENDAR

651-9161

Monday	Tuesday	Wednesday	Thursday	Friday
		8:00 Codgers(F) 1 9:00 Bird Watchers 9:15 Exercise 10:00 Massage 10:00 Intonations 10:30 Yoga 10:30-12 Writing 1-3 Social Security(appts) 12:00 / 1:00 Exercise Classes	9:00 Personal Training 2 10/10:45/11:30/12:25 Tai Chi 12:30 Card Sharks 12:30 Tap Dance	9:15 Exercise 3 9:30 Chiropractor 9:30-1:30 VNA Footcare(appt) 9:00/10:30 Bridge Lessons 10:30 Yoga 12:00 / 1:00 Exercise Classes 1:00 Line Dancing Trip: Coast Guard Academy Sat. 9-12 Health Fair Eno Hall
9:30 Widows Breakfast(F) 6 8-10 Rink Walkers(ISC) 9:15 Exercise 10-12 Making cards w/stamps 10:00 Snuggles Knitting 12-3 Bridge 12:00 / 1:00 Exercise Classes	9:00 Personal Training 7 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Chi 12:30 Bowling(BF) 1-3 Mahjonn	8:00 Codgers(F) 8 9:15 Exercise 10:00 Intonations 10:30 Yoga No Writing 12-1 Brown Bag for Charity 12:00 / 1:00 Exercise Classes	9:00 Personal Training 9 10/10:45/11:30/12:25 Tai Chi 12:30 Card Sharks 12:30 Tap Dance 2-4 Investment Club	9:15 Exercise 10 9:30-1:30 VNA Footcare(appt) 9:00/10:30 Bridge Lessons 10:30 Yoga 11:00 Slide show about The Charter Oak 12:15-1:15 Blood Pressure 12:00 / 1:00 Exercise Classes No Line Dancing
8-10 Rink Walkers(ISC) 13 No Morning Exercise 10-12 Making cards w/stamps 10:00 Snuggles Knitting 12-3 Bridge 12:00 / 1:00 Exercise Classes	9:00 Personal Training 14 10:00 Bereavement Group 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Chi 11:30 Retired Men's Lunch 12:30 Bowling(BF) 1-3 Mahjonn 9:30-11:30 Energy Day	8:00 Codgers(F) 15 9:15 Exercise 10:00 Massage 10:00 Intonations 10:30-12 Writing 10:30 Yoga 12:00 / 1:00 Exercise Classes	9:00 Personal Training 16 10/10:45/11:30/12:25 Tai Chi 10:00 Painting Class(N) 9-12 Veterans' Service Office (Open) (TH) 12:30 Card Sharks 12:30 Tap Dance 4-5:30 Caregivers	9:15 Exercise 17 9:30-1:30 VNA Footcare(appt) 9:00/10:30 Bridge Lessons 10:30 Yoga 10-12 Choices(appts) 10:00 Cooking w/Elaine 12:00 / 1:00 Exercise Classes 1:00 Line Dancing Sat. Trip Mohegan Sun
8-10 Rink Walkers(ISC) 20 9:15 Exercise 10-12 Making cards w/stamps 10:00 Snuggles Knitting 12-3 Bridge 12:00 / 1:00 Exercise Classes	No Personal Training 21 No Ceramics No Tai Chi / No Mahjonn 12:30 Bowling(BF) 12:30 Souper Tuesday Fashion Show	8:00 Codgers(F) 22 9:15 Exercise 10:00 Book Club No Intonations 10:30 Yoga 10:30-12 Writing 10:30 Cheese Day 12:00 / 1:00 Exercise Classes	9:00 Personal Training 23 10/10:45/11:30/12:25 Tai Chi 10:00 Painting Class 12:30 Tap Dance 1:30 Film Fest	9:15 Exercise 24 9:30-1:30 VNA Footcare(appt) 9:00/10:30 Bridge Lessons 9:30 Coffee with Mary Glassman 10:30 Yoga 12:00 / 1:00 Exercise Classes 1:00 Line Dancing
8-10 Rink Walkers(ISC) 27 8:30-12 Flu Shots No Exercise classes am or pm 10-12 Blood Pressure 10-12 Making cards w/stamps 10:00 Snuggles Knitting 12-3 Bridge	9:00 Personal Training 28 10:30 Hearing Clinic 10-2:30 Ceramics 10/10:45/11:30/12:25 Tai Ch(L) 12:30 Bowling(BF) 1-3 Mahjonn Trip: Tour Hartford & Lunch at Hot Tomatoes	8:00 Codgers(F) 29 9:15 Exercise 10:00 Intonations 10:30 Yoga 10:30-12 Writing 12:00 / 1:00 Exercise Classes	9:00 Personal Training 30 Tai Chi new class sign up day 10:00 Painting Class 12:30 Card Sharks 12:30 Tap Dance	9:15 Exercise 31 9:30-1:30 VNA Footcare(appt) 9:00/10:30 Bridge Lessons 10:30 Yoga No afternoon Exercise 1:00 Line Dancing